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IN THE CLAIMS:

1-10. (Canceled)

11. (Currently amended) A laminated composite body comprising:  
a perforated metal foil sheet having a plurality of generally circular  
openings extending through the sheet from a first face to a second face opposite said  
first face, each of said openings having a diameter between about 0.01 inches and  
about 0.04 inches;

a fiber ply including a plurality of reinforcing fibers, said fiber ply being  
positioned adjacent said first face of the metal foil sheet; and

an infusible resin extending through the openings in the metal foil sheet  
and between the plurality of reinforcing fibers of said fiber ply.

12. (Original) A laminated composite body in accordance with Claim  
11 wherein the body comprises a plurality of fiber plies and the metal foil sheet is  
positioned between two plies of the plurality of fiber plies.

13. (Original) A laminated composite in accordance with Claim 11  
wherein the body comprises a plurality of metal foil sheets and the plurality of fiber plies  
are positioned between two sheets of the plurality of metal foil sheets.

14. (Original) A laminated composite in accordance with Claim 11  
wherein the body further comprises a non-perforated metal foil sheet and the plurality of  
fiber plies are positioned between the perforated metal foil sheet and the non-perforated  
metal foil sheet.

15. (Original) A laminated composite in accordance with Claim 11  
wherein the metal foil sheet has a plurality of generally circular openings therein.

16. (Canceled)

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17. (Original) A laminated composite in accordance with Claim 11 wherein the metal foil sheet has a plurality of generally square perforations therein.

18. (Original) A laminated composite in accordance with Claim 11 wherein the metal foil sheet has a plurality of generally diamond-shaped perforations therein.

19. (Original) A laminated composite in accordance with Claim 11 wherein the plurality of openings are generally evenly spaced apart on the metal foil sheet by between about 0.25 inches and about 2.0 inches.

20-24. (Canceled)

25. (Currently amended) A laminated composite body comprising:  
a layer of metal foil strips having a plurality of gaps, each metal foil strip of the plurality of metal foil strips having a width of between about 0.125 inches and about 2.0 inches, each gap of said plurality of gaps spacing adjacent strips in the layer;  
a fiber ply including a plurality of reinforcing fibers, said fiber ply being positioned adjacent the layer of metal foil strips; and  
an infusible resin extending through the gaps in the layer of metal foil strips and between the plurality of reinforcing fibers of said fiber ply.

26. (Original) A laminated composite body in accordance with Claim 25 wherein the body comprises a plurality of fiber plies and the layer of metal foil strips is positioned between two plies of the plurality of fiber plies.

27. (Original) A laminated composite in accordance with Claim 25 wherein the body comprises a plurality of layers of metal foil strips and the plurality of fiber plies are positioned between two layers of the plurality of layers.

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28. (Original) A laminated composite in accordance with Claim 25 wherein the plurality of metal foil strips are arranged side by side so the strips extend generally parallel to each other.

29. (Canceled)

30. (Original) A laminated composite in accordance with Claim 25 wherein each metal foil strip is spaced from adjacent metal foil strips by a gap having a width of between about 0.01 inches and about 0.05 inches.

31. (New) A laminated composite body comprising:

a perforated metal foil sheet having a plurality of openings extending through the sheet from a first face to a second face opposite said first face, the plurality of openings being generally evenly spaced apart on the metal foil sheet by between about 0.25 inches and about 2.0 inches;

a fiber ply including a plurality of reinforcing fibers, said fiber ply being positioned adjacent said first face of the metal foil sheet; and

an infusible resin extending through the openings in the metal foil sheet and between the plurality of reinforcing fibers of said fiber ply.

32. (New) A laminated composite body in accordance with Claim 31 wherein the body comprises a plurality of fiber plies and the metal foil sheet is positioned between two plies of the plurality of fiber plies.

33. (New) A laminated composite in accordance with Claim 31 wherein the body comprises a plurality of metal foil sheets and the plurality of fiber plies are positioned between two sheets of the plurality of metal foil sheets.

34. (New) A laminated composite in accordance with Claim 31 wherein the body further comprises a non-perforated metal foil sheet and the plurality of fiber

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plies are positioned between the perforated metal foil sheet and the non-perforated metal foil sheet.

35. (New) A laminated composite in accordance with Claim 31 wherein the metal foil sheet has a plurality of generally circular openings therein.

36. (New) A laminated composite in accordance with Claim 35 wherein the generally circular openings each have a diameter between about 0.01 inches and about 0.04 inches.

37. (New) A laminated composite in accordance with Claim 31 wherein the metal foil sheet has a plurality of generally square perforations therein.

38. (New) A laminated composite in accordance with Claim 31 wherein the metal foil sheet has a plurality of generally diamond-shaped perforations therein.